Title: Samson Stretch / Lunge Stretch

Primary Muscle Groups: Glutes &amp; Hip Flexors, Hamstrings, Quadriceps

Secondary Muscle Groups: Biceps, Calves, Shoulders

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin by standing tall with a tight core and looking straight ahead. Keep your chest up as you step forward with your right foot into a lunge position.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower the left knee to the ground. Extend the right knee forward.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Clasp your hands together and push them straight overhead. You’ll primarily feel the stretch in your hamstrings and hip flexors. Hold for 20 to 30 seconds then switch sides.</span></li>

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